

Depression

Rate your depression risk: Depression affects people differently. Some cry a lot, feel sad, feel angry, irritable, or anxious. It can cause constipation, muscle aches, or headaches. Do any of the following statements describe you?

- I feel sad or down most of the time
- I've lost interest in activities I used to enjoy
- I feel tired almost every day
- I have problems sleeping, either sleeping too much, or awake most of the night
- My appetite has changed, not eating enough or too much
- I have trouble concentrating
- Friends say I act different, either anxious, restless, or lethargic
- I feel worthless or hopeless
- I have headaches, stomach problems, muscle pain, or back problems
- I think a lot about dying

If you were able to answer yes to many of the questions above, it is possible you have some depression issues. Seeking the services of a professional can put your mind at ease and allow you to receive the help you need.

Soundside Wellness CONSULTANTS

351 N. Ferdon Boulevard
Crestview, FL 32536

850-689-7844

205 Shell Avenue
Ft. Walton Beach, FL 32548

850-226-8585

CRISIS hotline
and
Rape Crisis Center

244-9191 / 682-0101

Visit our website at:

www.soundsidewellness.com



Nationally
Accredited



Bridgeway Center Inc.

For More Information:

For additional information on depression visit the WebMD website www.WebMD.com The information obtained for this document was found on the WebMD website.



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**Information for
Families
and
Other Supporters**

For Services, Please Call:

850-689-7844 or 850-226-8585

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What is Depression?

Feelings of sadness and depression can be normal reactions to the everyday struggles in life, a loss of a friend or loved one, or injured self-esteem. However, when the feeling of intense sadness that includes feeling helpless, hopeless, and worthless last for several days or weeks, and keeps you from functioning normally, the depression may be more than mere sadness. The sadness may be clinical depression which is a treatable medical condition.

The DSM-IV Manual (used to diagnose mental/substance disorders) indicates depression occurs when five of the nine symptoms below happen at the same time:

- a depressed mood during most of the day, particularly in the morning
- fatigue or loss of energy almost every day
- feelings of worthlessness or guilt almost everyday
- impaired concentration, or indecisiveness
- insomnia or hypersomnia (excessive sleeping) almost everyday
- markedly diminished interest or pleasure in almost all activities nearly every day
- recurring thoughts of death or suicide (not just fearing death)
- a sense of restlessness—known as psychomotor agitation—or being slowed down—retardation
- significant weight loss or gain (more than a 5% change in one month)

To be diagnosed with clinical depression, the signs should be present for most of the day either daily or nearly daily for at least two weeks, and the symptoms need to cause significant distress or impairment. These symptoms can not be due to substance use or from a medical condition. Also, if these symptoms occur within two months of the loss of a loved one, they will not be diagnosed as clinical depression.

Common Feelings Associated with Depression

There are a variety of feelings that can be associated with depression and not everyone will have the same symptoms or all of the symptoms. Some of these can be:

- difficulty concentrating, remembering details and making decisions
- fatigue and decreased energy
- feelings of guilt, worthlessness, and/or helplessness
- feelings of hopelessness and/or pessimism
- insomnia, early morning wakefulness or excessive sleeping
- irritability and/or restlessness
- loss of interest in activities or hobbies once pleasurable, including sex
- no pleasure left in life anymore
- overeating or appetite loss

- persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- persistent sad, anxious, or “empty” feelings
- thoughts of suicide, or suicide attempts

Depression carries a high risk of suicide. Anyone who expresses suicidal thoughts or intentions should be taken very seriously. Warning signs include: thoughts or talk of death or suicide, thoughts or talk of self-harm or harm to others, aggressive behavior or impulsiveness.

Suicidal thoughts should be taken seriously, for help call the Bridgeway Center Crisis Hotline at 850-244-9191 or go to Bridgeway Center Emergency Services at 205 Shell Avenue, Building D, Ft. Walton Beach, FL or the nearest emergency room.

Treatment Options

There are varied treatment options some of which include medications including antidepressants and other mood stabilizers, psychotherapy to help the person develop appropriate and workable coping strategies, and electroconvulsive therapy (ECT) also known as electroshock therapy, which may be used to treat severe depression when the person is unresponsive to other forms of therapy. Soundside Wellness Consultants may not provide all forms of treatment options described above.

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